



United States Department of Agriculture

**MyPyramid.gov**

## MyPyramid PodCasts

### MyPyramid Podcast #9: Partnering with MyPyramid Part 3: At Work

**Brian Wansink:** [on the phone] Oh great. Have your people call my people and we'll do lunch. Take care. Bu-bye. [to the viewer] Hi, Dr. Brian Wansink, Executive Director of the USDA's Center for Nutritional Policy and Promotion. We've been visiting with my friend Pizzaman, to help him purchase and prepare food better. Now we're going to help him with his problems at work!

**Pizzaman:** I think you mentioned the third stop on the road to Healthville was eating healthy at work? That can be a big problem for me. I spend all day eating at my desk – grabbing snacks where ever I can. But, it's more than the food... I sit all day – especially in lots of long, boring meetings. My biggest exercise is pushing the elevator button and double clicking my mouse! There's no way you can help me with my problems at work!

**Brian Wansink:** I'm afraid I can't help with all those boring meetings, Pizzaman! But the companies partnering with MyPyramid have come up with some ways to make it a lot healthier for you to be at work. Here's what they're doing. Hey! If your company offers a corporate wellness program, sign up. Some companies also use their websites, educational handouts, or health fairs to help their employees be healthier at work. Newsletters and consumer columns are also highlighting nutrition and wellness in many, many companies. Here are a few tips that can help you be healthier at work: Get more active on your way to work by getting off the bus or subway one stop early and walking the rest of the way. Replace that little coffee break with a brisk 10-minute walk, or take part in a noontime exercise program your company might have. Also try packing your lunch at home instead of eating out everyday. Finally, have some smart snack choices at your desk. Okay, Pizzaman, no more excuses at work. Now all that's left is physical activity – that – PLAY.

**Pizzaman:** Ahh... play is *no problemo por* me. I do lots of fun things for play!

**Brian Wansink:** Is it really *no problemo*, Pizzaman? Considering your track record, I'm gonna guess you've go some problems here too. Tune in next time to see how we can help you make the most of play! In the meantime, check out the website MyPyramid.gov for a lot of great tips.

